

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

SEPTEMBER 2006

Serving Seniors for 30 Years

VOL. 30, NO. 5

CHANGES IN STORE FOR MEDICARE AND MEDICAID

*Provided by Tim Murray, Certified Financial Planner™
Professional*

President Bush signed into law in February the Deficit Reduction Act, otherwise known as the fiscal year 2006 budget reconciliation bill. That law, which contained more than \$39 billion in cuts, including \$6.4 billion from Medicare and \$4.8 billion from Medicaid, has plenty of changes in store for seniors.

Under the new law, most Medicaid beneficiaries would be required to pay higher copayments for health care services and could be denied service for lack of payment. Provisions affecting Medicare include higher premiums for beneficiaries, with greater increases for higher-income beneficiaries, and a freeze in payments for home health care providers. The bill also cancels a scheduled cut in Medicare reimbursements to physicians and provides medical care to some hurricane survivors.

This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

According to Bernard A. Krooks, of Littman Krooks, and Harry Margolis, of ElderLawAnswers.com, here are the three major changes to Medicaid eligibility rules under the new law.

1. The look-back period will be 60 months for all asset transfers. Under the old law, outright transfers were subject to a 36-month look-back period and transfers to or from certain trusts were subject to a 60-month look-back period.

Under the new law, the look-back period—though some asset transfers will be grandfathered—has been increased from 36 months to 60 months for all transfers. Furthermore all transfers made within the look-back period will have to be documented and explained to Medicaid authorities.

2. Start of eligibility deferred. Under the old law, the "penalty period" for institutional Medicaid started on the first day of either the month in which the transfer was made or the first day of the following month. The new law postpones the beginning date for any transfer penalty to the first day of the month in which the individual (1) is in a nursing home or receiving "waivered" home care, (2) has spent down his or her savings, and (3) would be eligible for benefits but for the transfer.

States do have the option of starting the penalty period in the month of asset transfer or in the month following asset transfer.

Here is an example: Imagine you transfer \$50,000 that would normally disqualify you for 12 months based on your state's costs. Previously, if you transferred \$50,000, you'd be free and clear after a year (measuring from transfer date). Now, the measuring doesn't even start until the person would otherwise be eligible (but for the transfer),

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GOLDEN GAZETTE

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COUNTY OF FAIRFAX, VIRGINIA

Department of Family Services

FAIRFAX AREA AGENCY ON AGING

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Web Site: www.fairfaxcounty.gov/aaa. The Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).

The next deadline is September 1 for the October issue.

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

____ Contribution check attached.
____ I am **NOT** currently on your mailing list. Please add my name and address.
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____ I am moving. My new address in the Fairfax area will be:
NAME _____
CURRENT ADDRESS _____ Zip: _____
NEW ADDRESS (if applicable) _____ Zip: _____
TELEPHONE (in case we have a question) _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on Wednesday, September 20, 1:00 p.m., at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (*Note: The COA meets on the third Wednesday of each month, except August.*)

Call **703-324-7746** for information or to be placed on the mailing list. If you need special accommodations, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

Medicare Donut Hole— Can You Climb Out?

Medicare beneficiaries who enrolled in one of the many Medicare Part D drug plans are beginning to reach a coverage gap known as the “donut hole.” Simply put, this is a gap in coverage that forces the plan member to be responsible for \$2,850 out-of-pocket for their medication costs before they reach the catastrophic benefit coverage in their plan. Furthermore, Medicare plans to increase the “donut hole” to over \$3,000 during 2007.

Here’s how it works: Most standard Part D plans include a \$250 deductible (\$265 in 2007) that is the responsibility of the plan member; coinsurance of 25% after the deductible up to a coverage limit of \$2,250; then you hit a coverage gap (donut hole) between \$2,250 and \$5,100. After your out-of-pocket spending has reached \$3,600, you only pay up to 5% of your covered drug costs for the remainder of the year. Many beneficiaries are saving on the cost of their medications during the early phase of Part D coverage, but now we are hearing from people whose expensive medications are not covered by their plan or who cannot afford 100% of their drug costs during the “donut hole” coverage gap. Many of these people do not know how to obtain financial help.

Here are some ways to try and fill in this “donut hole” but it takes some time and action on your part. If you will only be in the “donut hole” for a relatively short period of time, consider asking your physician for free samples. Most physicians have samples of many mainstream drugs and will gladly offer some to you to hold you over until you start the Part D process over again in January 2007. You also should ask your physician to prescribe generic therapies where appropriate to reduce your out-of-pocket costs.

Another way to save money is to apply directly to the drug manufacturer’s Patient Assistance Program or PAP. Most PAPs provid-

Medicare Changes Cont. from p. 1

so they will have to wait an entire year from the date they are already impoverished and seeking care, or will have to wait for the 5-year period (from #1 above) to expire. This could even affect gifts for someone made years earlier before they even anticipated needing Medicaid.

The upshot of this change? Individuals, in most states, must own less than \$2,000 in nonexempt resources when applying for Medicaid. To establish this date, the nursing home resident or any prospective applicant must apply for Medicaid coverage and be approved (but for the transfer).

3. Equity in home will count. Under the old law, a person’s home was exempt regardless of value, if certain conditions were met. Under the new law, the equity in a Medicaid applicant’s otherwise exempt home will be countable to the extent it exceeds \$500,000. Thus, a person with equity in a home of more than \$500,000 would not be eligible for Medicaid. However, states will have the option to raise the limit to \$750,000.

Seniors and their adult children may need to consult with qualified professionals who can evaluate issues and recommend potential solutions, including long-term care insurance, reverse mortgages, and home equity loans.

Another provision of the new law will give all states the authority to set up long-term care partnership programs, or programs that encourage residents to buy private long-term-care insurance by relaxing Medicaid nursing home benefit qualification rules for private policy holders who exhaust private benefits. Until now, only California, Connecticut, Indiana, and New York have been permitted to operate partnership programs.

Source: This column is produced by the Financial Planning Association, the membership organization for the financial planning community, and is provided by: Tim Murray, CFP®, an independent CERTIFIED FINANCIAL PLANNER™ Professional with Murray Financial,

Inc., in Chantilly, VA. Tim offers a complimentary initial consultation by phone and follow-up consultations on an hourly basis. He may be reached by phone at 703-810-8424, via the web at www.MurrayFinancial.com or by e-mail at: TimMurray@MurrayFinancial.com.

Donut Hole Cont. From p. 3

ed free drugs to low-income individuals for years, but most also restricted a person's ability to use these programs with the advent of Part D in January 2006. In other words, most PAPs would no longer assist patients who now have Part D drug coverage. This blanket restriction prevented many very ill people from gaining access to medically necessary drugs if they joined a Part D plan. They had a difficult choice to make: join Part D now to avoid the lifetime premium penalty if they joined late or join a plan in 2006 and face the "donut hole."

Recently, however, a few of the drug manufacturers announced they have revised their eligibility criteria and have elected to provide free drugs to financially needy Medicare Part D enrollees. These companies now allow enrollment in their PAPs if the person had applied for and was denied the low-income subsidy (LIS) that assists with paying for many Part D costs. You need to have a copy of the LIS denial letter from the Social Security Administration (SSA) to prove that you are not eligible for any extra help. If you have not yet applied for the LIS, you can do so by calling the SSA toll-free at 1-800-772-1213, or by applying on their Web site at www.ssa.gov. Some of the drug manufacturers who have adjusted their stance include AstraZeneca, Eli Lilly, Merck, GlaxoSmith-Kline, Johnson & Johnson, and Novartis. You can obtain more data regarding which compa-

nies have altered their eligibility rules at either www.needymeds.com or www.rxassist.org.

For a more complete list of ways to save on your medication costs, contact your local Virginia Insurance Counseling & Assistance Program (VICAP). The VICAP insurance counselors can guide you towards unique ways to save some out-of-pocket medication costs to help you climb out of the "donut hole." VICAP programs are located at all Area Agency on Aging programs in Northern Virginia. The local phone numbers are:

City of Alexandria 703-838-0920
Arlington County 703-228-1700
Fairfax County 703-324-5851
Loudoun County 703-737-8036
Prince William County 703-792-7662

HEALTH INSURANCE QUESTIONS?
Call the Virginia Insurance Counseling &
Assistance Program (VICAP) at
703-324-5851.

Brandon Alvarez—Volunteer of the Month

by Leslie Trettau, Volunteer Reporter/Photographer

If you ask Brandon Alvarez what that chirping sound is that he hears outside at night, he can tell you it's just the crickets. But that wasn't the case when he moved from New York City at the age of 11 with his mother and siblings. To these city kids, the night music that most people in Northern Virginia take for granted was a strange and enigmatic hum.

Brandon was used to going outside his apartment in the Bronx and seeing his friends and finding the streets alive with activity. It took him a while to adjust to the quiet in Dale City (except for the crickets). He could still walk to the park, but the blocks were longer. The corner store and the playgrounds were there, but it took a car ride or a good stretch of the legs to reach them. In spite of the differences, he found their new town home to be very wonderful and beautiful. The stairs were an entertaining toy that Brandon and his siblings delighted in running up and down. When they started school in the fall, after the move, they met a lot of people and settled into their new life.

Brandon is a tall, handsome 32-year-old man with a warm personality and a winning smile. He currently manages a group home of handicapped individuals for the Heartwood Foundation, a nonprofit organization. He oversees a staff whose job is to help these individuals set goals and take the necessary steps to reach them. They teach and/or assist with tasks such as shopping, cooking, cleaning, and other daily living skills. Brandon also coordinates with other group homes to have fun activities such as get-togethers, and picnics.

Brandon's friend, Trina Mayhan-Webb, volunteer coordinator for Fairfax County's Cluster Care Program, approached him about volunteering for her program about a year ago. He delivers Ensure, drives clients to appointments, and does whatever it takes to make life a little easier for those requiring assistance.



Brandon Alvarez, Cluster Care Volunteer

(Photo by Leslie Trettau)

Brandon lives in Woodbridge with his girlfriend and their 5-year-old son, Mario. Family is important to him, and he spends weekends doing activities with his relatives and their children. His hobbies include playing basketball and watching sports on TV. He also enjoys watching funny movies.

Brandon thinks that one can enjoy life more when they help others. He says, "It is satisfying to make someone else feel happy." He wants others to feel the same joy and recruits volunteers whenever he can.

Library Offers New DVD Collection

The Fairfax County Public Library has added more than 7,700 DVDs to its collection. Until now, the library has primarily offered instructional DVDs, such as "Dog Training," "John Cleese: Wine for the Confused," and "Iron Yoga," along with educational DVDs about nature, geography and history.

The new DVDs include film adaptations of popular books such as "Pride and Prejudice," "Charlie and the Chocolate Factory," "The Color Purple," "The Lion, the Witch and the Wardrobe," and children's favorites about Barney, Clifford, Arthur, and Dora the Explorer.

The loan period for the library's DVDs is one week. Overdue fines are 25 cents per day for adult DVDs and 10 cents per day for children's DVDs. The DVD collection on the library's online catalog may be viewed at www.fairfaxcounty.gov/library.

^{The}Beacon *Info*EXPO

MARK YOUR
CALENDAR!

FREE AT BOTH LOCATIONS!

**THURSDAY, SEPTEMBER 7
11 a.m. – 3 p.m.**

Springfield Mall; Springfield, VA

**SUNDAY, SEPTEMBER 10
Noon – 4 p.m.**

White Flint Mall; Rockville, MD

**For exhibitor or
sponsor information,
call Gordon
at 301-949-9766.**

- Informative Exhibits
- Expert Speakers
- Health Screenings
- Giveaways & Door Prizes
- Entertainment

FREE LIVING TRUST WORKSHOP **HOW TO PROTECT YOUR ASSETS FROM THE EXPENSES OF PROBATE & LONG-TERM CARE**

Come To This Free Lunch Workshop & Learn . . .

- Should you have a Living Trust or just a Will?
- How can a Living Trust transfer your assets to your family quicker than a Will, with no probate, no probate tax, and no estate tax.
- How a Living Trust can protect both you AND your children.
- Can a Living Trust protect your assets if you get sick or have to go into a Nursing Home?
- Why you should have an Advance Care Plan in addition to your Living Trust.
- Why you should have a maintenance plan for your Living Trust.
- Why some Living Trusts are much better than others. And more . . .

Dates/Location

**Tue., Sept. 19 or
Thur., Sept. 21
12:00-2:00 p.m.
Marco Polo Restaurant
245 Maple Ave. West
(Rt 123)
Vienna, Virginia**

**Space is Limited. Call Now To Reserve Your Seat: 703-691-1888
Or Register Online at: www.VirginiaEstatePlanning.com**

Special Bonus: All attendees receive a FREE Last Will and Testament



Evan Farr has prepared over 2,000 Living Trusts, and is the only attorney in Virginia who is both a **Certified Estate Advisor** and a **Certified Elder Law Attorney**. Virginia has no procedure for approving certifying organizations.

The Law Firm of Evan H. Farr, P.C.

10640 Main Street, Suite 200

Fairfax, VA 22030

FAIRFAX PETS ON WHEELS 11TH ANNUAL PAWS FOR A CAUSE 3K WALK



On Sunday, October 1, 2006, the Fairfax Pets on Wheels, Inc. will sponsor its 11th Annual "Paws for a Cause 3K Walk" in Fairfax (rain or shine). The fun begins at 12:00 noon at Weber's Pet Supermarket at 11021 Lee Highway in Fairfax.

Registration is \$15 before September 11 and \$20 after. Sponsored walkers are encouraged! Potential walkers and businesses interested in providing support as sponsors or by donating gifts to be given to participants should call **703-324-5406** for more information and registration forms. All registered participants will receive a "Paws for a Cause" T-shirt. There will be human and canine treats at each kilometer.

Fairfax Pets on Wheels, Inc., an all-volunteer program under the auspices of the Fairfax Area Agency on Aging, provides pet therapy teams of animals with their owners, who regularly visit residents of area long-term care facilities. Last year volunteers provided over 8,000 volunteer hours. The volunteers try to improve the quality of life of the residents by giving them the opportunity to interact with the pets. Proceeds from the walk will go toward volunteer activities, including recruitment, training, insurance, and other program costs.

Taxicab Fuel Surcharge Extended

At a public hearing on July 31, 2006, the Fairfax County Board of Supervisors voted to extend the emergency taxicab fuel surcharge for an additional six months. The \$1 surcharge will be in effect August 1, 2006–January 31, 2007.

The decision to extend the fuel surcharge was based on the continued high costs of fuel and the impact these costs have on Fairfax County taxicab drivers. Taxicab drivers are independent contractors who, for the most part, rent the taxicabs they drive while paying a fee to a taxicab company for the right to rent these vehicles. The taxicab drivers must purchase fuel for these rented vehicles. The \$1 fuel surcharge per ride (not per person in a vehicle) goes directly to the taxicab drivers to defray their costs.

With the continuation of the fuel surcharge for an additional six months and the economic impact it places on seniors, the Fairfax County Department of Transportation and Seniors On-The-Go! will include an additional \$3 coupon at no charge to seniors in all coupon booklets purchased while the fuel surcharge is in effect. Coupon booklets now will have 11 coupons valued at \$3 each. The total value will be \$33.00 while still costing seniors only \$10.00 per coupon booklet.

For questions regarding the fuel surcharge, please call the Department of Transportation and Seniors On-The-Go! staff at **703-324-1172**, 8:00 a.m.–4:30 p.m., Monday through Friday. You also may visit the Web site at www.fairfax-county.gov/fcdot/seniors.htm and click on "See What's New with the **Seniors On-The-Go!** program."

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** *The symbol RR means reservations are required.* These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. Senior Centers will be closed on Monday, September 4.

<u>Bailey's</u> <u>Bailey's Community Center</u> <u>5920 Summers Lane</u> <u>Bailey's Crossroads, VA 22041</u> <u>Phone: 703-820-2131</u>	Mondays	11:00 a.m., New Arthritis Exercise Class.
	Wednesdays	11:00 a.m., Chair Exercise.
	Thur. 9/7	10:30 a.m., Beacon Info Expo at Springfield Mall. (RR)
	Mon.. 9/18	12:45 p.m., CVS Program on <i>Cataracts, Glaucoma and Macular Degeneration</i> .
	Wed. 9/20	12:30 p.m., Fire & Rescue Presents <i>File of Life</i> .
<u>City of Fairfax</u> <u>4401 Sideburn Road</u> <u>Fairfax, VA 22030</u> <u>Phone: 703-359-2487</u>	Fri. 9/29	12:30 p.m., September Birthday Celebration.
	Wed. 9/13	8:30 a.m., Trip to Havre de Grace, MD. Lunch on the <i>Lantern Queen</i> , a replica of a Mississippi Steamboat; Museums and Homemade Ice Cream. \$60 (all inclusive). (RR)
	Mon. 9/18	9:30 a.m., Tour of DAR Building and Museum. Buffet Lunch at The Mansion on O Street. \$18. (RR)
	Thur. 9/21	9:45 a.m., "Young at Heart" Fall Golf Outing. Tee Time 10:10 a.m. at Burke Lake Golf Course—9 Holes of Captain's Choice, Lunch & Prizes. Rain Date 9/22. \$16. (RR)
<u>City of Falls Church</u> <u>223 Little Falls Street</u> <u>(Next to City Hall)</u> <u>Falls Church, VA 22046</u> <u>Phone: 703-248-5020/5021</u> Blood pressure checks 10:00-11:30 a.m. 2nd and 4th Tuesdays	Thur. 9/7	10:15 a.m., Beacon Info Expo at Springfield Mall. (RR)
	Mon. 9/11	12:30 p.m., Lunch Bunch Club to Cici's Pizza. (RR)
	Thur. 9/14	9:00 a.m.-1:30 p.m., Trip to National Zoo. \$3 Bus. (RR)
	Fri. 9/22	10:30 a.m., Armchair Travel: Alaska. (RR)
	Thur. 9/28	11:30 a.m., Fall Fest. (RR)
<u>Franconia/Springfield</u> <u>6300 Beulah St.</u> <u>Alexandria, VA 22310</u> <u>Phone: 703-924-9762</u>	<u>Call for More Details:</u> Trip to Lancaster, Pennsylvania Trip to Glen Echo and Tour of Clara Barton House	
	Wednesdays	11:00 a.m., Strength Training Class.
	Fridays	12:30 p.m., Bingo.
	Thur. 9/7	10:30 a.m., Beacon Info Expo at Springfield Mall. (RR)
	Mon. 9/11	11:00 a.m., Wills on Wheels. (RR)
<u>Groveton at South County</u> <u>8350 Richmond Highway</u> <u>Ste. 325</u> <u>Alexandria, VA 22309</u> <u>Phone: 703-704-6216</u>	Mon. 9/25	12:30 p.m., Blood Pressure Lecture.
	Fridays	10:15 a.m., Friday Morning Movie.
	Wednesdays	10:30 a.m., Bridge Club. Looking for New Players.
	Wednesdays	2:30 p.m., Ballet & Stretch (New Time).
	Thursdays	11:00 a.m., Conversational Spanish With Julia.
	Fri. 9/15	12:30 p.m., Fire Safety.

S E N I O R C E N T E R

<u>Gum Springs</u> <i>Gum Springs Community Center</i> 8100 Fordson Road Alexandria, VA 22306 Phone: 703-360-6088	Mondays	10:00 a.m., Sewing and Quilting.
	Tuesdays	10:30 a.m., Ceramics.
	Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
	Thursdays	1:00 p.m., Bingo.
	Fridays	10:00 a.m., Low-Impact Exercise.
<u>Herndon Senior Center</u> 873 Grace Street Herndon, VA 20170 Phone: 703-464-6200	Tue. 9/12	1:00 p.m., CVS Program on <i>Cataracts, Glaucoma and Macular Degeneration</i> .
	Wed. 9/13	1:00 p.m., Advisory Council Meeting.
	Mon. 9/18	1:00 p.m., Managing Sodium in Your Healthy Diet.
	Tue. 9/19	10:00 a.m., U.S. Health Care Systems Overview Presented in Chinese Language.
	Wed. 9/20	11:00 a.m., Medicare Changes by Elder Law Lawyer.
<u>Hollin Hall</u> 1500 Shenandoah Road Alexandria, VA 22308 Phone: 703-765-4573	Mon. 9/11	10:00 a.m., Military History Club: <i>The History of Walls</i> .
	Tue. 9/12	11:00 a.m.-12:30 p.m., <i>Beginning Genealogy</i> . 6-Week Class. Go to www.mvgenealogy.org .
	Fri. 9/15	10:00 a.m., NY Group: <i>Grand Central Station Trains</i> . (RR)
	Mon. 9/18	1:00 p.m., Good Reads With Access Services. (RR)
	Tue. 9/19	10:00 a.m., Holiday Tube Trees With Patti. (RR)
	Thur. 9/21	1:00-4:00 p.m., Library's Early Literacy. Refreshments. (RR)
<u>James Lee</u> James Lee Community Center 2855 Annandale Road Falls Church, VA 22042 Phone: 703-534-3387	Mondays	10:00 a.m., Shopping Trip Days. (RR)
	Mondays	10:30 a.m., Beginner's Line Dancing Class. (RR)
	Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center.
	Mon.-Fri.	10:00 a.m.-2:00 p.m., Rummikub Club.
	Tuesdays	9:00 a.m.-12:00 p.m., Bridge.
	Wednesdays	10:30 a.m., Independent Sewing Club.
	Thursdays	10:30 a.m., Advanced Line Dancing. (RR)
	Fridays	12:30 p.m., Ballroom Dancing Class.
<u>Lewinsville</u> 1609 Great Falls Street McLean, VA 22101 Phone: 703-442-9075	Tuesdays	9:30 a.m.-12:00 p.m., Beginner's Bridge.
	Wednesdays	1:00 p.m.-4:00 p.m., Square Dancers Needed.
	Mon. 9/11	12:30 p.m., Patriot Day (World Trade Remembrance Day).
	Fri. 9/15	12:30 p.m., National Hispanic Heritage Celebration.
	Thur. 9/21	10:00 a.m.-12:00 p.m., Glucose/Blood Pressure Checks.
	Thur. 9/28	2:30 p.m., September Birthday Celebration.
<u>Lincolnia</u> 4710 North Chambliss St. Alexandria, VA 22312 Phone: 703-914-0223	Wed. 9/6	1:00 p.m., Sewing & Knitting Class. 12 Sessions.
	Tue. 9/12	10:30 a.m., Blood Pressure Checks—Walk in.
	Tue. 9/12	10:30 a.m., CVS Program on <i>Cataracts, Glaucoma and Macular Degeneration</i> . (RR)
	Fri. 9/15	10:30 a.m., Variety Show. (RR)
	Fri. 9/22	1:00 p.m., September Birthdays and New Member Welcome With Floyd Andrews on Piano.

HIGHLIGHTS CONTINUED

<u>Little River Glen</u> 4001 Barker Court Fairfax, VA 22032 Phone: 703-503-8703 Blood Pressure Checks 10 a.m., 2nd & 4th Fridays	Thur.	9/7	11:00 a.m., Beacon Info Expo at Springfield Mall. \$1 Bus. (RR)
	Tue.	9/12	11:00 a.m.-1:00 p.m., Grandparents Day.
	Wed.	9/20	1:00 p.m., Birthday Party and Sing-Along.
	Thur.	9/21	1:00 p.m., CVS Talk on <i>Glaucoma, Cataracts and Macular Degeneration</i> .
	Thur.	9/28	1:00 p.m., ElderLink Presentation.
<u>Lorton</u> 7722 Gunston Plaza Lorton, VA 22079 Phone: 703-550-7195 Fri. 9/8, 10 a.m., Free Hearing Screening. (RR)	Fri.	9/1	9:30 a.m., Watercolor Painting for Beginners. 12 Classes \$20 + Supply Fee. (RR)
	Fri.	9/1	12:30 p.m., Introduction to Excel. 10 Classes/\$5. (RR)
	Wed.	9/6	2:30 p.m., Ballroom Dancing Class. 12 Classes/\$5. (RR)
	Mon.	9/11	12:30 p.m., Line Dancing—Beginner/Intermediate. 12 Classes/\$5. (RR)
	Tue.	9/12	10:00 a.m., Senior Academy for Technology: Computer I and II Classes. \$5/8 Classes. (RR)
	Wed.	9/20	6:00 p.m., Community Coffee House Night.
<u>Pimmit Hills</u> 7510 Lisle Avenue Falls Church, VA 22043 Phone: 703-734-3338	Fri.	9/1	1:00 p.m., Line Dancing Class.
	Thur.	9/7	10:30 a.m., Crochet Class.
	Mon.	9/11	9:30 a.m., Ceramics Class. \$ TBD. (RR)
	Fri.	9/15	11:00 a.m., Asian Art Classes. (RR)
	Tue.	9/19	10:30 a.m., Basic Computer Class. \$5/4 Weeks. (RR)
	Mon.	9/25	11:00 a.m., Jazzercise Class.
<u>Sully</u> 5690 Sully Road Centreville, VA 20124 Phone: 703-322-4475/4479	Tue.	9/5	10:30 a.m., New Art Class. \$5/8 Weeks + Supplies. 12:30 p.m., New Art Class. \$5/8 Weeks + Supplies.
	Wed.	9/6	12:30 p.m., Tai Ji (Dancing With Fans) With Mr. Fang.
	Mon.	9/11	12:30 p.m., Visit With CVS Pharmacist.
	Wed.	9/13	10:30 a.m., Jazzercise Lite With Jennifer.
	Fri.	9/15	11:00 a.m., Fire & Safety With Mary.
	Sat.	9/16	10:00 a.m.-2:00 p.m., Grand Reopening Celebration! Entertainment With DJ Steve, Food Tasting, GMU Mobile Mammogram Unit.
<u>Wakefield</u> Audrey Moore RECenter 8100 Braddock Road Annandale, VA 22003 Phone: 703-321-3000	Thursdays		12:30 p.m., Jazzercise With Kate.
	Thursdays		12:30 p.m., Beginner's Bridge.
	Fri.	9/8	11:00 a.m., CVS Program on <i>Cataracts, Glaucoma and Macular Degeneration</i> .
	Thur.	9/14	Trip to the National Portrait Gallery. \$1. (RR)
	Thur.	9/28	10:00 a.m., Lunch at Red Lobster. \$1 Bus. (RR)

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

Jobs for Seniors (50+)
SENIOR EMPLOYMENT
RESOURCES
703-750-1936
www.seniorjobs.org
 (Nonprofit Organization)

Foundations of Writing the Memoir **Thursdays, 8:45-10:30 a.m.** **September 28-November 16**

Join other mature adults in a supportive environment to learn about the building blocks of writing a memoir. The main focus will be on the students' writing.

This 8-session class covers how to generate ideas, use of description, understanding sentence structure, and how to organize the material. The class is taught by Cheryl Aubin, a published writer, with an MA in writing from Johns Hopkins University.

Class size is limited to 20 participants. Advanced registration is necessary. The cost is \$30/resident and \$37.50/nonresident. Checks should be payable to *Town of Vienna*.

Register at the Vienna Community Center at 120 Cherry St. SE, Vienna, or download a form from the Web site at www.viennava.gov and mail it. For more details, call **703-255-6360**. Refer to Course # 242481A1.

Note: This class also is offered in Arlington at the Walter Reed Senior Center beginning October 3. Call 703-228-5703 for information.

Shepherd's Center of Annandale- Springfield Lunch N' Life

When: Tuesday, September 26

Time: 11:30 a.m.-1:30 p.m.

Speaker: Wayne Godwin, Chief Operating Officer for PBS

Where: Annandale United Methodist Church
6934 Columbia Pike, Annandale.

Lunch: \$5/person (paid at the door)

RSVP: 703-941-1419 no later than 9/20

Healthy Adults 65 & Older Needed for Research Study

The ARCH Lab at George Mason University, Fairfax campus, needs healthy adults age 65 and older to participate in behavioral studies on memory and attention. Volunteers will be compensated \$15/hour for 3 hours of testing.

Call **703-993-9491** and press 1 for the Genetics Study. Please leave your name, age, and telephone number.

MCC's Fall Flea Market

September 9, 9 a.m.-1 p.m.

McLean Community Center's (MCC) Fall Community Flea Market will be held on Saturday, September 9, 9:00 a.m.-1:00 p.m., at the Business Bank parking garage, 1451 Dolley Madison Boulevard, McLean.

The event offers a huge assortment at bargain prices. Sale items range from fine furniture, jewelry, and rugs to mixing bowls, flower vases and mugs.

A limited number of selling spaces are available on a first-come basis for \$50 each. The deadline to register is Thursday, September 7. Registration forms may be downloaded from MCC's Web site: www.mcleancenter.org (click on Community Events). For more information, call **703-790-0123**, TTY: 703-827-8255.

Nutrition Quiz

The warning signs of poor nutritional health often are overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

Read the statements below. Check either yes or no after each question.

I have an illness that made me change the kind and/or amount of food I eat.

☐ Yes (2 points) ☐ No

I eat fewer than two meals per day.

☐ Yes (3 points) ☐ No

I eat meals that have few fruits or vegetables or milk products.

☐ Yes (2 points) ☐ No

I have three or more drinks of beer, liquor or wine almost every day.

☐ Yes (4 points) ☐ No

I have tooth or mouth problems that make it hard for me to eat.

☐ Yes (3 points) ☐ No

I don't always have enough money to buy the food I need.

☐ Yes (1 point) ☐ No

I eat alone most of the time.

☐ Yes (1 point) ☐ No

I take three or more different prescribed or over-the-counter drugs or vitamin pills a day.

☐ Yes (2 points) ☐ No

Without trying to, I have lost or gained 10 pounds in the last six months.

☐ Yes (5 points) ☐ No

I am not always physically able to shop, cook and/or feed myself.

☐ Yes (4 points) ☐ No

I am 80 years old or older.

☐ Yes (1 point) ☐ No

How to score: For every "yes" answer, add the points in the parentheses following that answer to get your total nutritional score.

TOTAL _____

If the total of your nutritional score is:

0-1: Good! Recheck your nutritional score in 6 months.

2-4: You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle. Your health care provider, local office on aging, senior nutrition program, senior citizens center, or health department also can help. Recheck your nutritional score in three months.

5 or more: You are at high nutritional risk. Bring this checklist to your doctor, dietitian or other qualified health professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

Sources: American Academy of Family Physicians, The American Dietetic Association, National Council on the Aging, Inc.

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Starting a Fitness Program

by Marv Gordon

There are three fitness terms worth clarifying: Recreation can be games we play such as Simon Says and Musical Chairs. Exercise consists of activities such as walking, aerobics, tennis, and even weight lifting. Fitness training is characterized as a program designed to satisfy individual needs and goals and may incorporate recreation and exercises.

Older adults should approach fitness training gradually and progressively. Even if you have experienced knee, hip, and shoulder injuries, heart attacks, or cancer, there is a fitness regime appropriate to your personal situation.

Begin with a visit with a physician. Find out what your limitations are and get a recommendation for your start-up level in terms of amounts of exercise and your maximum exercising heart rate. You may want to take the physician's recommendations to a group exercise instructor you are working with or to a local recreation facility and get a recommendation for a gradual and progressive program.

You may begin with walking in place or walking on a treadmill. You may start using resistance tubes before progressing to weights. You may be able to work with a balance ball or comparable tools. Probably, you will learn about the core of your body and its role in balance and walking. You should have someone evaluate your walking gait to see if it is harming your knees or hips.

Older adults must candidly accept a strong relationship between physical strength and emotional strength. If we feel physically fragile we probably will feel emotionally fragile. We have experienced hormonal changes that could have us feeling "down." The catch to all of this is the more "down" and fragile we feel, the less we feel like doing physical activity. Even simple tasks can produce discomfort. Getting out of breath or an increase in breathing rate can be considered discomfort. The goal, therefore, is learning to safely accept increasingly larger amounts of discomfort a little at a time. That is one of the reasons we work gradually and

progressively. It is extremely important to distinguish between discomfort and pain. Pain is a hard stop; discomfort can be negotiated.

Source: Marv Gordon is certified as a personal trainer by the American Council on Exercise. He is a retired government and business executive. He is 70 years old and has experienced a heart attack and cancer.

Sully Senior Center Hosts Grand Reopening

September 16, 10 a.m.-2 p.m.

Join the fun as Sully Senior Center shows off its makeover. The brand new billiard room and 8 classroom computers with internet access will be available with an instructor standing by! Sample tasty treats, join a cooking demonstration, get motivated with exercise instructors, etc. You may register early for fall classes. The Area Agency on Aging, Transportation Services, and other county services also will be represented.

If you preregister for the event, you will receive an extra door prize ticket. Call **703-322-4475** to register.

Volunteer Ombudsmen Needed

Training Scheduled for

September 26, 27, and October 6

Are you diplomatic, assertive, and a good communicator? If you enjoy meeting people, particularly the elderly, and can serve during the weekday, the volunteer ombudsman position may be for you! Volunteer advocates are needed to make weekly visits to local nursing homes and assisted living facilities. Using the skills of listening, observing and mediating, the ombudsman works with the residents, their families and the staff of the facility to promote the residents' rights and quality of life and care.

Volunteer ombudsmen dedicate four hours per week to this work, for one year. Now is the time to apply for the next annual training session, scheduled for **September 26, 27 and October 6**, from 9:00 a.m.-4:30 p.m. each day. Following assignment, ongoing training and support are provided.

The Northern Virginia Long-Term Care Ombudsman Program is primarily funded by the Area Agencies on Aging of the City of Alexandria and the counties of Arlington, Fairfax, Loudoun, and Prince William. The volunteer program was a 2006 recipient of the *Acts of Caring Award* from the National Association of Counties.

For further information and an application, please call **703-324-5435**, TTY 703-449-1186, or visit our Web site: www.fairfaxcounty.gov/LTCOmbudsman.

FREE HOME SECURITY SURVEYS

West Springfield District Residents

Are you doing everything you can to secure your property and protect your family? You can have a Certified Crime Prevention Specialist assess your home's security and provide a written assessment.

The West Springfield District Crime Prevention Unit provides Home Security Surveys at no cost to residents. Learn how you can make your home less inviting for a would-be criminal.

For more information on this or any crime prevention matter, please call:

**Fairfax County Police Department
West Springfield District Station
Crime Prevention Unit
703-644-5026**

7th Annual Legislative Breakfast Honoring General Assembly Members

Presented by:

Northern Virginia Aging Network (NVAN)

Cosponsored by:

AARP Virginia; Greenspring Village; National Committee to Preserve Social Security and Medicare; ProAgingNetwork/Guide to Retirement Living; Virginia Federation, National Active and Retired Federal Employees (VFC, NARFE); Service Employees International Union (SEIU); TLC for Long-Term Care

Moderated by:

Peggy Fox of Channel 9 News

Featured Speaker:

Abigail Trafford

Author, "My Time: Making the Most of the Rest of Your Life"
Columnist, "My Time," The Washington Post Health Section

Thursday, September 28, 2006

8:30-10:30 a.m.

**Greenspring
Hunters Crossing Conference Center
7400 Spring Village Drive
Springfield, VA 22150**

*Reasonable accommodations considered upon request.
Call Roseann Tergis at 703-324-7746, TTY 703-449-1186, by September 20, 2006.*

\$20* Farm Country Breakfast

Questions? E-mail Carolyn.Carter@fairfaxcounty.gov
or call 703-324-5403, TTY 703-449-1186

✂-----

Name _____

Phone _____

Organization _____

E-mail _____

*RSVP with payment of \$20 by Wednesday,
September 20, 2006. Make checks payable to NVAN

**Please mail to: J. Mahal, C/O TLC4LTC, Box
523323, Springfield, VA 22152**

Adventures in Learning Oakton-Vienna

Open House/Registration

September 14, 10:00 a.m.-12:00 p.m.

The Shepherd's Center of Oakton-Vienna will hold its open house and registration for the fall session of Adventures in Learning on September 14, at the Unitarian-Universalist Church, 2709 Hunter Mill Road, Oakton. The registration fee of \$35 covers four classes each Thursday from September 21-December 9, 9:00 a.m.-2:00 p.m.

Classes include: T'ai Chi; Bridge; World Affairs; a Health Series; Natural Disasters; Music; and Touchstones, a discussion series. A beginner's computer class has an additional fee of \$10. Bring a brown bag lunch.

For further information, call **703-281-0538**.

Annandale-Springfield

Open House/Registration

September 20, 10:00 a.m.-12:00 p.m.

The Shepherd's Center of Annandale-Springfield will hold its open house and registration for Adventures in Learning on September 20, at the Annandale United Methodist Church, 6934 Columbia Pike, Annandale. Enjoy refreshments and learn about the programs. Registration is \$35 per person paid in advance for one or more classes.

Fall 2006 Class Schedule

Wednesdays, October 4-November 15

- Life Transitions. 9:30-11:05 a.m. Covers issues such as housing options, communicating with your doctor, hospice, legal documents, estate and financial planning.

- Fairfax County History. 11:15 a.m.-12:15 p.m. Learn about people, places and events that were a part of the history of Fairfax County.

Thursdays, October 5-November 16

- Beginner's Computer Class. 10:00 a.m.-12:00 p.m. Class limited to the first 12 registrants. Need to confirm reservation before paying registration fee of \$35 plus \$10 for supplies.

For information or to register by mail, call **703-941-1419**.

VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

The **AAA Meals on Wheels (MOW)** program needs volunteers to deliver meals in Annandale, Baileys Crossroads, Centreville/Chantilly, Falls Church, Herndon/Reston, Little River Glen, McLean, Tyson's, and Vienna. Volunteers who speak Vietnamese are needed in Falls Church. The job involves picking up meals at specified sites from 10:30 a.m.-12:00 p.m., and delivering them by 1:00 p.m. Drivers may choose to deliver meals on a daily, weekly, biweekly, monthly or substitute basis. A volunteer treasurer, group coordinator, and driver coordinator are needed for a new Centreville/Chantilly route. A driver coordinator is needed for the Baileys Crossroads route. For information, call the Volunteer Intake Line at **703-324-5406**, TTY 703-449-1186, or e-mail melanie.mitchell@fairfaxcounty.gov.

The **Center for Multicultural Human Services** needs volunteers to be positive role models/mentors for children who have an incarcerated parent. Mentors meet with children 2 hours per week and play sports, visit sights or just talk. Training is provided. Contact Ellen Klene at **703-533-3302**, Ext. 107, or e-mail elkene@cmhs.org.

Crisislink is a crisis, suicide, and trauma prevention organization. They need volunteers to take calls and respond directly to individuals in need on their hotline. Volunteers may work 3 hours per week. Training is provided. Call **703-527-6016**, or online at www.crisislink.org.

The **Fairfax Area Agency on Aging's Volunteer Home Services** program needs volunteers in the Alexandria, Annandale, Falls Church, McLean, Reston, Route 1, and Springfield areas. Volunteers assist with grocery shopping, household tasks, minor repairs, transportation for medical appointments/errands. Volunteers are on call and help when available. Especially needed are volunteers who speak Spanish, Farsi, and Vietnamese, and who know American Sign Language. Call the Volunteer Intake Line at **703-324-5406**.

The **Fairfax Pets on Wheels, Inc.**, program wants you and your cat, dog or rabbit to join other volunteers who make a difference in the community by visiting residents of nursing homes and assisted living facilities. Call the AAA Volunteer Intake Line at **703-324-5406**.

The **Inova Fairfax Hospital Elder Life program** needs volunteers to help make hospital stays more comfortable for patients 70 and older. Volunteers assist with communication, relaxation, recreation, and meals. Call **703-776-6824**, or e-mail susan.heisey@inova.com.

Travelers Aid needs volunteers at Washington National Airport to welcome visitors and provide travel and tourist information. Training, resource information, and complimentary parking are provided. Call **703-417-3975** or e-mail TravelersAidDCA@mwaa.com.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail: retha.lockhart@fairfaxcounty.gov

Fax: 703-324-3583

Phone: 703-324-5407

CAREGIVER'S CORNER

Visit the Web site at http://www.fairfaxcounty.gov/aaa/caregivers_corner_nl.htm.

Caregiver Seminars for Fall 2006

The Fairfax Caregiver Seminar Consortium announces its Fall 2006 series of free seminars for caregivers of older adults. The Consortium includes Fairfax County departments of Family Services, Community and Recreation, Health, and the Fairfax County Public Library, as well as ElderLink, the Alzheimer's Family Day Center, and Thomas West Financial Services.

Events are posted on the Web at www.fairfaxcounty.gov/aaa. Please call **703-324-5205**, TTY **703-449-1186**, to register or request reasonable ADA accommodations.

September Seminars

When More Help Is Needed With Caregiving

Tuesday, September 19, 7-8:30 p.m.
Braddock Glen Adult Day Health Care Center
4029 Olley Road, Fairfax.
For directions only, call 703-978-0502.

Elder Care and Work: Finding the Balance

Tuesday, September 26, 7-8:30 p.m.
Herndon Senior Center
873 Grace Street, Herndon.
For directions only, call 703-464-6200.

Focus on the Caregiver

Wednesday, September 27, 1-2:30 p.m.
Sherwood Regional Library
2501 Sherwood Hall Lane, Alexandria.
For directions only, call 703-765-3645.

October Seminars

Caregiving Can Be Expensive—Do You Have a Plan?

Tuesday, October 3, 7-8:30 p.m.
Lewinsville Adult Day Health Care Center
1609 Great Falls Street, McLean (use side entrance).
For directions only, call 703-734-1718.

Is It Time to Give Up the Keys and the Credit Cards?

Tuesday, October 10, 7-8:30 p.m.
Little River Glen Senior Center
4001 Barker Court, Fairfax.
For directions only, call 703-503-8710.

Navigating the Legal and Medicaid Maze of Long-Term Care

Thursday, October 12, 12-1:30 p.m.
Pennino Human Services Building
12011 Government Center Parkway, Rm. 206A, Fairfax.
For directions only, call 703-324-5411.

Home Is No Longer an Option—Now What?

Wednesday, October 18, 7-8:30 p.m.
Chantilly Regional Library
4000 Stringfellow Road, Chantilly.
For directions only, call 703-502-3883.

Understanding Communication and Behavior in Alzheimer's Disease and Related Disorders

Thursday, October 19, 10-11:30 a.m.
Alzheimer's Family Day Center
2812 Old Lee Highway, Fairfax.
For directions only, call 703-204-4664.

Legal and Financial Planning for Long-Term Care

Wednesday, October 25, 7-8:30 p.m.
Lincolnia Senior Center
4710 N. Chambliss Street, Alexandria.
For directions only, call 703-914-0223.

November Seminars

Humor for the Caregiver's Soul—Surviving the Holidays

Wednesday, November 1, 10-11:30 a.m.
Alzheimer's Family Day Center
2812 Old Lee Highway, Fairfax.
For directions only, call 703-204-4664.

When Your Loved One Is Anxious, Angry, or Depressed

Thursday, November 2
Little River Glen Senior Center
4001 Barker Court, Fairfax.
For directions only, 703-503-8710.

Understanding Medicare, Medigap, and Medicare Part D

Wednesday, November 8, 1-2:30 p.m.
Franconia Governmental Center
6121 Franconia Road, Alexandria
For directions only, call 703-971-6262.

COMMUNITY CALENDAR

September 2. 5:00 - 8:00 p.m. 18th Century Wedding. Wedding traditions in the 18th century may be a bit different from what you are used to! Not in a church? Who performs the ceremony? Celebrate with the farm family and discover answers to your questions. \$3/adult: \$2/senior and child. The Claude Moore Colonial Farm at Turkey Run, 6310 Georgetown Pike, McLean. **703-442-7557**. www.1771.org/calendar.htm.

September 9. 10:00 a.m.-4:00 p.m. Virginia Indian Festival. Event includes Mattaponi and Rappahannock dancers and drummers plus Chickahominy and Pamunkey tribe members who will sell authentic pottery. Live demonstrations, talks by tribe members, tool-making experts and local archaeologists, plus bow and arrow shooting and spear throwing. \$5. Riverbend Park, 8700 Potomac Hills St., Great Falls. **703-759-9018**.

September 10. 7:00-10:00 a.m. September Bird Walk. Bill Brown, editor of the Audubon Society's newsletter, will lead

this walk at the Fox Mill District Park as part of the annual Christmas Bird Count. Park at Crossfield Elementary School on Fox Mill Rd. (south of Lawyers Rd. and the intersection with Reston Pkwy). For reservations, call **703-435-6530**.

September 15. 10 a.m.-8 p.m.

September 16. 10 a.m.-6 p.m.

September 17. 12:30-4 p.m. McLean American Association of University Women presents its 37th Used Book Sale. The 40,000 sorted books cost an average of \$2 each, and on Sunday, \$7/bag. Videos and CDs also are for sale. The Treasure Room holds special collections, 1st editions and rare books at slightly higher prices. The proceeds support scholarships for women. McLean Community Center, 1234 Ingleside Ave., McLean. Call **703-726-6470**. www.mcleanaauw.org.

September 17. 2:00-4:00 p.m. An Object Lesson for a Senior Citizen: Why History is Subjective. Peter H. Tveskov, author, oilman, and consultant, will share lessons learned and sto-

ries of Scandinavia from a unique historical perspective. Fairfax Elderhostel Alumni Association. RSVP essential but membership not required. George Mason Public Library, 7001 Little River Turnpike, Annandale. Call Rebecca Prather at **703-534-2274**.

September 17. 1:00-3:00 p.m. Floral Design. Floral designer, Tina Svenson demonstrates the basics of floral arrangements. \$24. Green Spring Gardens. 4603 Green Spring Rd., Alexandria. **703-642-5173**.

September 18. 1:00 p.m. Wendy Knits. Author Wendy Johnson discusses her book and blog. Bring yarn and knitting needles to work on a short group project for charity. Martha Washington Public Library, 6614 Fort Hunt Rd., Alexandria. To register, call **703-768-6700**. www.fairfaxcounty.gov/library.

**To ADD, CORRECT, OR DELETE
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CALL 703-324-5633.**



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